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Tenants in a Vancouver building say their landlord is trying to railroad them out PAGE 6

FORD IN HOSPITAL WITH TUMOUR DIAGNOSIS

TORONTO MAYOR UNDERGOING A SERIES OF TESTS PAGE 4

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Former Great-West Life chairman and CEO Ray McFeetors looks up at Ice, a six-year-old Silver Dapple Percheron. That breed will live at Assiniboine Park Zoo's McFeetors Heavy Horse Centre when it opens next summer. McFeetors donated $2 million to the project.
SHANE GIBSON/METRO

Assiniboine Park Zoo upping its horsepower

McFeetors Heavy Horse Centre. Exhibit offers look back in time to true work horses

SHANE GIBSON
shane.gibson@metronews.ca

Move over, Hudson — Assiniboine Park Zoo is getting a new mane attraction.

Starting next summer visitors to the zoo will get the chance to see Percheron horses — the workhorses once used as a power source on Manitoba farms — thanks to donations made by Great-West Life and the company's former CEO and chairman Ray McFeetors.

"It's an opportunity to preserve the history of horses in Manitoba," said McFeetors, who donated $2 million to the $2.25-million project announced Wednesday. "When I was a kid the era of heavy horses was coming to an end ... but I can remember my grandfather talking about them; they were very important to farmers."

The 4.7-acre McFeetors Heavy Horse Centre will be built at the north end of the zoo and will include a barn, pastures, paddocks, a carriage shed and walking paths. It'll be open for tours and zookeepers will lead interactions with the exhibit's four large horses. During the summer months a mare and foal from one of the other heavy horse breeds common in Manitoba will be added to the exhibit.

The horses will also give wagon rides through the summer and sleigh rides in the winter.

"We really see this as a continuation of where we began with the Journey to Churchill exhibit," explained Assiniboine Park Conservancy president Margaret Redmond. "We're celebrating what we're about and not trying to spend so much time recreating another part of the world."

Work to build the exhibit is now underway and Redmond expects it'll be open sometime next summer.

Pre-1910

Before 1910 more than 90 per cent of all public works, agriculture and resource industries relied on horsepower.

SOURCE: ASSINIBOINE PARK CONSERVANCY

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NEWS 1

FIVE THINGS YOU NEED TO KNOW TODAY

1
A LITTLE DITTY
Grammy-winning American rocker John Mellencamp is coming to the Centennial Concert Hall July 8. Hope Jack and Diane show up.

2
HOUSING SLOWS
Winnipeg's housing market continues to cool like the weather as listings are up 22 per cent over average and sales in August were down 12 per cent over this time last year.

3
IT WAS ALL SHOW
Shia LaBeouf admitted yesterday to acting up at a Broadway show, pleading guilty to disorderly conduct in one of several episodes of bizarre behaviour he has displayed in recent years.

4
ROCK-STAR POPE?
In the Philippines, life-size cardboard cutouts of the Pope are being distributed to churches, schools and malls to help build "papal fever" ahead of his visit.

5
PISTORIUS TRIAL
A judge is expected to render a verdict today in the murder trial of Oscar Pistorius. The South African athlete is accused of murdering his girlfriend by shooting at her through a door.

Katz is confident new council will support BRT

Mayor Sam Katz said the municipal election race has "been more humorous than watching late-night comedy TV."
BERNICE PONTANILLA/METRO

'No doubt in my mind.' Mayor says attacks on rapid transit project are unsurprising

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Mayor Sam Katz said he isn't surprised by the attacks on the $590-million rapid transit project in the municipal election.

Several candidates, including Gord Steeves, David Sanders and Robert Falcon Ouellette, have expressed reservations about the second phase of the bus rapid transit (BRT) southwest corridor, which would link the downtown first phase all the way to the University of Manitoba.

"I'm not at all surprised," said Katz, who's not running for re-election, after Wednesday's executive policy committee meeting.

"It's not the mayor's decision; council will decide and I have no doubt in my mind whoever is elected, council will support BRT."

Asked about his views on the election thus far, Katz said he commends and congratulates all 10 candidates for putting their names forward. However, he also "can't believe how many candidates are making announcements of things that yours truly and council have either done or talked about."

Katz said his advice to candidates is to be prepared for the questions they'll be asked after they've unveiled policy.

"I have seen stuff that has been more humorous than watching late-night comedy TV, OK. It kind of shocked me, it surprised me," he said.

Katz said at city hall it's "business as usual" with packed committee meeting agendas and lots of work to be done before the final council meeting on Sept. 24.

"We want to try and deal with as much as we possibly can," he said.

Fall Program Registration at Winnipeg Public Library

Story Time for 3-5 year olds • Family Story Time
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Registration for pre-school programs begins Friday, September 12 at 10 a.m.

For program schedules, visit the library website at ***winnipeg.ca/library*** or pick up a copy of the library newsletter, **@ THE LIBRARY**, available at all branches.

Winnipeg Public Library

Mayoral hopefuls take their best shots

Campaigning.
Debate sees plenty of back-and-forth on how to improve the city's downtown

COLIN FAST
winnipeg@metronews.ca

Sparks flew between the leading contenders for mayor at a lively debate on the future of downtown on Wednesday night.

"The best set of eyes on the street are people, not drones in the sky," said Brian Bowman, taking a shot at Gord Steeves' proposal to use unmanned aerial vehicles to fight crime.

Judy Wasylycia-Leis also jumped on Steeves early, criticizing his plan to crack down on intoxicated people on downtown streets.

"There are really two strategies in front of you for how to approach safety in the downtown," she said. "One is fear, one is about uniting people to address the root causes of crime."

On the subject of transit, Wasylycia-Leis took another run at Steeves, saying, "Let's go back to 2004, when Sam Katz, with Gord Steeves as his right-hand man, cancelled bus rapid transit."

However, Steeves fired back at his opponents after they all struggled to explain how they'd pay for their transit plans.

Steeves later pressed Wasylycia-Leis on her plans to raise property taxes.

The panel — which included Paula Havixbeck and Robert-Falcon Ouellette — also took questions on the need for a downtown grocery store, the future of the Bay, and how to encourage more development in the Exchange District.

The debate was briefly interrupted by Mike Vogiatzakis, one of five candidates who was not invited to participate by the Downtown BIZ. Vogiatzakis protested by parking his campaign bus outside the front door of the event.

Quoted

"There's a bigger chance Robin Hood is going to ride in the door on a white horse and give us money for BRT than the province is going to give us PST money."
Gord Steeves

Ready, set, shop

More than 600 people lined up for H&M's grand opening at Polo Park on Wednesday morning. This is the first Winnipeg store for the fashion-forward retailer. BERNICE PONTANILLA/METRO

CAA catches over 1,500 unsafe drivers in city school zones

After less than two hours at three schools, CAA Manitoba caught 1,531 drivers engaged in "risky" behaviour in school zones, including speeding through the new 30 km/h speed limit.

"It has been over a week that reduced speed limits in school zones have been in effect, but some motorists are still not getting the message," said Mike Mager, president and CEO of CAA Manitoba. "Slowing down will make little difference in your commute, but could be the difference in life or death for a child."

CAA Manitoba and members of the Winnipeg Police Service were at Grovesnor School, Mulvey School and Samuel Burland School. Motorists caught speeding were given warnings. METRO

By the numbers

- **Distracted driving:** 98 instances.
- **Failing to stop at a stop line:** 346 instances.
- **Failing to obey road signs:** 116 instances.
- **Changing lanes illegally:** 214 instances.
- **Speeding:** 143 instances. About half of motorists going through one of the school zones were speeding.

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Rob Ford hospitalized after being diagnosed with tumour

Toronto Mayor Rob Ford was diagnosed with a tumour on Wednesday after seeking treatment hours earlier for "unbearable" abdominal pain.

The CEO of the Humber River Hospital told reporters the mayor has dealt with abdominal pains for more than three months.

"He was having left-lower-quadrant abdominal pain.… It's been going on for more than three months but today it became unbearable for him," Dr. Rueben Devlin said at a hastily called press conference Wednesday evening.

"Examination and investigation today revealed that he has a tumour. The mayor has been admitted to Humber River Hospital to allow for further investigation to obtain a definitive diagnosis."

Ford's brother, Coun. Doug Ford, said the mayor was coping well.

"He's in good spirits and just thanks everyone for all the well-wishes," the older Ford said, adding that his brother hadn't complained of his abdominal pain to him in the past.

Toronto Mayor Rob Ford has been diagnosed with a tumour after seeking treatment for "unbearable" abdominal pain. THE CANADIAN PRESS

"He had stomach pain, I had breakfast with him today … and he said his stomach was bothering him. He went to the doctor's and then the doctor sent him over to Humber and we're here today."

The mayor will be kept in hospital over the next few days as tests are conducted to determine more details about the tumour, Devlin said, adding that it was a CT scan that brought physicians to their early diagnosis.

"He's being investigated further and we need to determine exactly what type of tumour it is and then we can decide on what treatment is required," Devlin said.

A tumour is a mass, a growth of abnormal cells. Some are benign, meaning they are not cancerous, while others are malignant or cancerous.

Benign tumours typically are localized; malignant tumours can spread or metastasize, triggering secondary cancers in other parts of the body.

Rob Ford is running for re-election in the city's Oct. 27 municipal vote. His brother wouldn't comment on how the tumour diagnosis might impact his campaign. THE CANADIAN PRESS

Not the 'racist company'

Mistaken identity leads to hate mail for Ottawa business

"Is this the racist company?"

"Go hang yourself ... today if at all possible."

They're just a sample of more than a dozen disturbing emails George Monsour said he's received in an awful case of mistaken identity.

One of his company's divisions, Ottawa Valley Carpet Cleaning, has been misidentified as another business that was ordered to pay $8,000 to a job applicant for discrimination, he said.

The Human Rights Tribunal ruled last week that Ottawa Valley Cleaning and Restoration discriminated against Malek Bouraoui, who is black, by telling him it "only hires white men" in a series of "abusive" text messages.

The company didn't participate in the case and has not commented on the decision.

Monsour said his business, which has operated for eight years, has no affiliation to Ottawa Valley Cleaning and Restoration or any of its staff.

"We are a reputable business.... We're just normal, decent people," he said.

THE CANADIAN PRESS

China

Hadfield to attend international space conference

Retired Canadian astronaut Chris Hadfield says he hopes a convention being held in China will lay the groundwork for future international co-operation in space.

Hadfield is attending the International Planetary Congress, which began in Beijing on Wednesday and brings together 100 space travellers from around the world.

THE CANADIAN PRESS

Dominatrix whips up a scene during Bill C-36 hearings

Terri-Jean Bedford.
Leather-clad opponent of prostitution bill threatens to expose politicians' hypocrisy, gets thrown out of proceedings

Dominatrix Terri-Jean Bedford prepares to testify at the Senate committee looking into the Conservative government's prostitution bill, on Parliament Hill in Ottawa Wednesday. FRED CHARTRAND/THE CANADIAN PRESS

The controversial, leather-clad woman at the heart of the effort to rewrite Canada's prostitution laws delivered an unexpected whip-crack of drama Wednesday among the buttoned-down senators examining Bill C-36.

Terri-Jean Bedford, who calls herself "the most famous dominatrix in Canada," was tossed out of Senate hearings on the legislation after exhausting the patience of committee chair Sen. Bob Runciman.

Bill C-36 treats prostitutes as victims, seeking to protect them from almost all criminal prosecution. The bill instead targets pimps and johns, as well as others who profit or trade in sex on an exploitative basis.

Supporters of the bill argue that those in the sex trade are forced into it by systematic issues of poverty, racism and sexism and deserve protection from the law. And they agree that going after those who are the instigators of the sex trade is a way to better protect those women. Bedford, however, is not among them — and she made that abundantly clear Wednesday.

It's not the purview of the government to tell women when or how they can or cannot sell sex, she argued, whip in hand, as she threatened to expose politicians who supposedly avail themselves of the world's oldest profession.

"If this law passes I'm going to make you guys forget about Mike Duffy, because I've got more information and more proof on politicians in this country than you can shake a stick at, I promise," she said.

When asked by Liberal Sen. Serge Joyal how the new law might affect her work, Bedford opted for a show of force.

She cracked her whip on the desk and said the new law would ensure she was back before government in 10 years, arguing the issue anew.

At one point, with Bedford's allotted time running down, Runciman tried to remind her that she needed to wrap up.

"You have given lots of other people lots of time," she complained.

Runciman asked Bedford to respect the rules of the committee, saying if she didn't, he'd suspend the meeting and have her escorted out. Bedford pressed on, so Runciman banged the gavel to end the hearing. Bedford was escorted out by security.

THE CANADIAN PRESS

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Obama vows to lead coalition in attack on ISIS in Syria

Prime-time TV address. President pledges to engage Islamic rebels via multi-country coalition and U.S. airstrikes

President Barack Obama gave no timetable for U.S. efforts against ISIS. SAUL LOEB/THE ASSOCIATED PRESS

In a dramatic shift, U.S. President Barack Obama has opened a new front in the fight against Islamic rebels, promising to lead an international coalition that will attack them on Syrian turf.

He used a rare prime-time speech to lay out a program that would have been unthinkable until recently: a multi-country fight in the Middle East, involving American airstrikes and special forces in Iraq and now Syria, as part of a broad counter-terrorism plan.

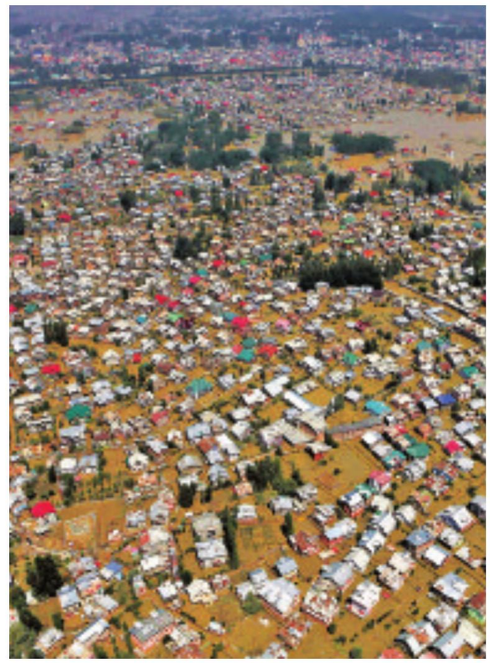
"We will degrade, and ultimately destroy, ISIL through a comprehensive and sustained counter-terrorism strategy," Obama said, referring to the militant group also known as ISIS.

"We will hunt down terrorists who threaten our country wherever they are. That means I will not hesitate to take action against ISIL in Syria, as well as Iraq. This is a core principle of my presidency: If you threaten America, you will find no safe haven."

Obama carefully avoided calling it a war.

He added a familiar caveat, as he has at every step of the way in recent weeks as American military involvement in the region steadily increased, promising once again that combat troops won't be going back in: "We will not get dragged into another ground war in Iraq."

THE CANADIAN PRESS



Floods' death toll passes 400

An aerial photo shows buildings partially submerged in Srinagar, in Indian-controlled Kashmir, on Wednesday. Authorities said raging monsoon floods sweeping across India and Pakistan have killed more than 440 people. DAR YASIN/THE ASSOCIATED PRESS

Jail suicide. Segregated inmates at risk: Report

The federal prison watchdog says Corrections Canada must stop isolating mentally ill, suicidal or self-harming prisoners, saying inmates in segregation units are all too easily able to kill themselves.

In a scathing report released on World Suicide Prevention Day, Howard Sapers says almost half of the suicides reviewed by the Office of the Correctional Investigator took place in segregation cells supposedly under close monitoring.

Sapers' office examined 30 suicides in penitentiaries between April 2011 and March 2014.

Twenty-five of those prisoners hanged themselves, 14 of them while they were in solitary confinement. Nineteen of the prisoners who hanged themselves had previously attempted suicide; seven had tried to kill themselves more than twice.

THE CANADIAN PRESS

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Notice-happy 'greed eviction' landlord must be stopped: MLA

Tenant 'abuse.' MLA, residents cite evictions, illegal rent increases and laundry costs as grounds for action

MATT KIELTYKA
Metro in Vancouver

Imagine paying $13.50 for a load of laundry or being served an eviction notice because your spouse constitutes an illegal tenant.

That's what residents of a downtown Vancouver apartment have been dealing with ever since their building fell under new ownership in August, and yesterday they were joined by their local MLA to demand the "abuse" stop.

Residents of Hofmann Manor allege they've been threatened by Plan A Real Estate Services Ltd. with an illegal 30 per cent rent increase, unlawful inspections, and a barrage of eviction notices for alleged breaches of material terms (such as not having carpet in the bathroom).

Crying foul

Vancouver residents have been served with a seemingly unending stream of eviction notices.

- **Brandi Ross.** She claimed she was given an eviction notice for not having tenant insurance, despite having the documentation stating otherwise.
- **As for other residents.** Another was served a notice for living with an illegal tenant — her husband.

Vancouver-West End MLA Spencer Chandra Herbert joins residents of Hofmann Manor in Vancouver on Wednesday to talk about alleged illegal rent increases and eviction attempts by the building's landlord. MATT KIELTYKA/METRO

"We come home and almost every day there is a new notice posted to our door," said Absalon Figueroa, who received three eviction notices in one week. "We feel the new landlords are abusing their position of power with the tenants to try to intimidate us. They want us to move out and they're pretty much stopping at nothing."

Brandi Ross claims she and other residents have been offered new short-term leases with non-negotiable clauses to vacate at the end of the term.

"If we all did not take a careful look at what we were signing, we'd all be moving out New Year's Day," she said.

Vancouver-West End MLA Spencer Chandra Herbert has vowed to help the residents fight their landlord at the Residential Tenancy Branch.

"What this is is a greed eviction," said Chandra Herbert, who accused the landlord of trying to turn the rental building into "a kind of Airbnb mini-hotel" to maximize profits.

The city is also keeping a close eye on the situation.

Plan A was served legal notice by the city Sept. 3 after being found to be illegally renting units in the building out for less than 30 days, through the popular online peer-to-peer accommodation website Airbnb.

After several attempts to contact the landlord, Plan A Real Estate Services claimed its director, Anoop Majithia, was out of the country on business and not available for interviews.

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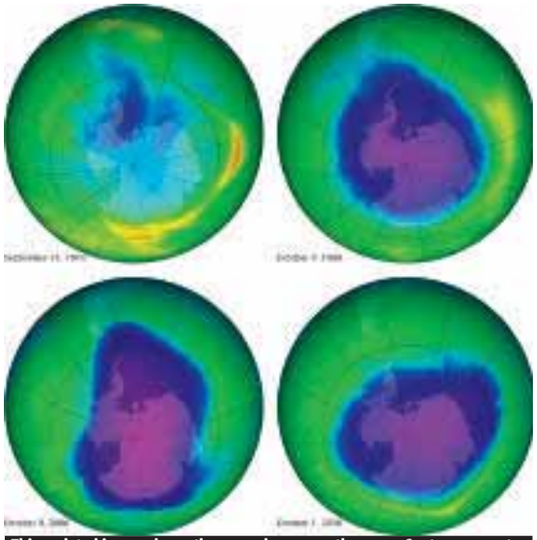
"Number one job site" based on six-month average online job postings for period ending August 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.



This undated image shows the ozone layer over the years: Sept. 17, 1979, top left; Oct. 7, 1989, top right; Oct. 9, 2006, lower left; and Oct. 1, 2010, lower right. Earth's protective but fragile ozone layer is finally starting to rebound, says a United Nations panel of scientists. COURTESY NASA/THE ASSOCIATED PRESS

Ozone layer recovering: Scientists

But far from healed.

Protective layer still about 6 per cent thinner than in 1980

The pact

The ozone layer had been thinning since the late 1970s. Man-made chlorofluorocarbons, called CFCs, released chlorine and bromine, which destroyed ozone molecules in the air.

- After scientists raised the alarm, countries around the world agreed to a treaty in 1987 that phased out CFCs.

Earth's protective but fragile ozone layer is beginning to recover, largely because of the phase-out since the 1980s of certain chemicals used in refrigerants and aerosol cans, a UN scientific panel reported Wednesday in a rare piece of good news about the health of the planet.

Scientists said the development demonstrates that when the world comes together, it can counteract a brewing ecological crisis.

For the first time in 35 years, scientists were able to confirm a statistically significant and sustained increase in stratospheric ozone, which shields us from solar radiation that causes skin cancer, crop damage and other problems. From 2000 to 2013, ozone levels went up four per cent in the key mid-northern latitudes at about 50 kilometres high, said NASA scientist Paul A. Newman. He co-chaired the every-four-years ozone assessment by 300 scientists, released at the United Nations.

"It's a victory for diplomacy and for science and for the fact that we were able to work together," said chemist Mario Molina. In 1974, Molina and F. Sherwood Rowland wrote a scientific study forecasting the ozone depletion problem. They won the 1995 Nobel Prize in chemistry for their work.

The United Nations calculated in an earlier report that without the 1987 pact that phased out CFCs, by 2030 there would have been an extra two million skin cancer cases a year around the world.

The ozone layer is still far from healed. The long-lasting, ozone-eating chemicals still lingering in the atmosphere create a yearly fall ozone hole above the extreme Southern Hemisphere, and the hole hasn't closed up.

THE ASSOCIATED PRESS

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Nine people arrested

Feds seize $65M in L.A. fashion district drug money probe

Nine people were arrested and roughly $65 million US was seized in a crackdown on suspected drug money laundering in the fashion district of Los Angeles.

The U.S. attorney's office said in a statement that agents seized the funds in cash and bank accounts as part of a probe following three separate indictments on charges of money laundering and other violations. THE ASSOCIATED PRESS

Plan fair to creditors?

Detroit bankruptcy trial on hold, for now

A judge has suspended Detroit's bankruptcy trial until next week to give lawyers time to work out the details of a settlement that would satisfy a major creditor that opposed the city's plan to get on its feet again.

The city reached a deal Tuesday with Syncora, a bond insurer that stood to lose about $400 million US under Detroit's plan. The judge must decide whether the city's plan is fair to creditors and feasible over the long run. THE ASSOCIATED PRESS

Market Minute

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GOLD $1,245.30 US (-$3.20)

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Dow Jones: 17,068.71 (+54.84)

Changes to TV would hurt consumers?

CRTC hearings.
Ma Bell claims proposed changes would harm broadcasting industry, as well as customers

Consumers will get less and pay more, and jobs will be lost, under proposals being debated this week to modernize television program delivery, the country's broadcast regulator has been told.

A throng of frustrated media executives warned of dire times ahead for Canada's TV world Wednesday as the Canadian Radio-television and Telecommunications Commission held a third day of hearings on how Canadians get and pay for TV programming.

The CRTC has proposed new regulations that would, if enacted, bar TV stations from replacing U.S. advertising with Canadian spots on American shows.

The regulator has also proposed that consumers be allowed to pick the individual channels they want from cable and satellite service providers, over and above a price-capped, trimmed-down mandatory service that includes mainly local channels. THE CANADIAN PRESS

Quoted

"There is no evidence of dissatisfaction with existing basic packages.... More intrusive unbundling regulation would actually limit competitive differentiation."
Bell Canada and BCE Inc. executive vice-president Mirko Bibic told the hearing

Is Apple Pay the new debit?

Apple CEO Tim Cook explains how the Apple Watch works in conjunction with Apple Pay during an announcement of new products, in Cupertino, Calif. Apple is betting that people want to pay with a tap of the phone rather than a swipe of the card. The technology company on Tuesday introduced a new digital wallet service called Apple Pay that is integrated with its Passbook credential-storage app and its fingerprint ID security system. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Scotland independence vote. The fate of the British pound hangs in the balance

In for a penny, in for a pound.

There'll be no going back if Scotland votes for independence from the United Kingdom on Sept. 18.

Opinion polls showing that may happen have prompted investors to sell off the British pound. If a knockout blow is dealt to Scotland's 307-year union with England, that selling could accelerate as the U.K. plunges into a constitutional crisis.

The fate of the pound, which is also known as sterling and is one of the most tangible links of the union, will be front and centre in any separation proceedings, as it has been during the campaign.

The nationalists, led by Scotland's First Minister Alex Salmond, hope Scotland will still use the pound through a currency union with what's left of the U.K. — Wales, Northern Ireland and England. The main British political parties, notably the Conservatives and Labour, say that's not going to happen. THE ASSOCIATED PRESS

The fate of the British pound will be front and centre in any separation proceedings between Scotland and the United Kingdom. THE ASSOCIATED PRESS FILE

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Think you can safely text and drive?

LIFE IN THE VACUUM-SEALED TUBE

HE SAYS
John Mazerolle
metronews.ca

Like so many other children, I spent my youth dreaming of a long transparent tube.

Specifically, I imagined a human-sized, vacuum-sealed tube that would extend from my front door and guide me around the world — through jungles and mountains and to cities more exotic than anything a New Brunswick boy could imagine. Shanghai, say. Or Saskatoon.

I'd be able to see the world's wonders, all within the safety of The Tube, which would proceed in a straight line — except for a slight adjustment to align with my back door.

The Tube was such a persistent daydream for me as a child that when Google Earth was released I checked to see where the route would have taken me.

It was barren rock, empty desert and ocean, save for a trip through Hiroshima's ground zero. The Tube makes you think.

I'm reminiscing about it because I've decided to share a secret revelation with you, against my better judgment: The Tube exists. Shhhhh …

Okay, so there's no physical tubing. But everything The Tube provided in my imagination actually exists in today's world. Despite how world news leaves us feeling, most of the planet is safe, comfortable and there to explore.

It's a secret I don't like to share. I was recently in Malaysian Borneo, and distant tropical islands are much better for my DEET cred if you think they sound mysterious and dangerous.

My father, for one, always sounds surprised when I get back home from trips alive.

"So you made it, huh?" he says with the same "How 'bout that?!" tone you might have if you dropped a wristwatch in the tub and it kept working.

But the truth is, Borneo is comfortable, friendly, clean. Most of the planet is comfortable, friendly and clean. If you heard the phrase "Dr. Livingstone, I presume," you could bet it's because the barista wants to know what he should write on your latte.

Starbucks is, in fact, the first thing I saw when I arrived in Borneo, even before customs. And the only thing I encountered more often than wide smiles and lush greenery was KFC. ("Authentic Bangkok flavour!" the signs informed me.)

It's not just the persistence of corporations that makes distant travel more familiar than one might imagine. I had a mountain guide for a climb, and years of TV had me assuming he'd be old, wizened and weather-worn, explaining the mountain spirits and medicinal properties of the foliage.

Instead, he was a 20-something dude in a tank top, smoking a cigarette and checking his phone every time it got that damned alert that sounds like a person whistling. As for my phone, I got a strong, clear signal three-quarters of the way up the mountain, and later when I was 100 kilometres down a jungle river.

I talked to my mother during one call, in a conversation that revealed the secret to her. I was eating and she asked what I was munching on, assuming it was insects or something. It was Pringles. The vacuum-sealed tube is real.

It's the thrill of the fight

Artists, their bodies painted in the likeness of tigers, perform the annual Pulikali in Thrissur, in the southern Indian state of Kerala, Wednesday. Pulikali is a colourful recreational folk art revolving around the theme of tiger hunting, performed to entertain people during Onam, an annual harvest festival.
ARUN SANKAR K./THE ASSOCIATED PRESS

Artists transformed into big cats for Indian harvest festival

Two-hundred-odd years ago, the Pulikali tradition started and every harvest season it returns to the Indian state of Kerala for Onam — the annual harvest festival.

During Onam, performers are transformed into tigers and hunters in bright yellow, red and black paints made from tempera and enamel. They dance to the beats of instruments, mimicking tiger hunts and tigers stalking their prey.

As with most traditions, there have been changes over time. In the early days, dancers would paint themselves all over, but over the years masks were introduced, in addition to tiger teeth, tongues, beards and mustaches. METRO

Etymology

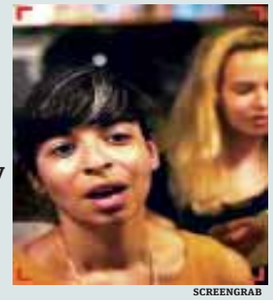
Pulikali

Puli = leopard/tiger and *kali* = play in Malayalam, a language spoken in India, primarily in the state of Kerala.

MetroTube

Coax Me ft. Choir! Choir! Choir!

ANDREW FIFIELD
andrew.fifield@metronews.ca



SCREENGRAB

Choir! Choir! Choir! is a Toronto project that gathers amateur singers into silver-voiced collectives. This week, to celebrate the 20th anniversary of Sloan's mighty Twice Removed album, they invited Chris Murphy and Jay Ferguson to join them for a lovely version of Coax Me — the best TR song that isn't Snowsuit Sound. (Choir! Choir! Choir!/YouTube)

Twitter

@metropicks asked: Apple unveiled its new iPhone6 with a larger screen, a smartwatch and a HealthKit. What should they do next?

@pohl1: Bluetooth Pregnancy test.

@JTProfile : Apple should move into the home security & automation business. All sorts of innovative gadgets to be made

@Canucklehead_ca: If I don't see an iGrandfather clock soon I'll know they're just wasting everyone's time. iSigh.

@TheOutspoken__1: Copy android some more. Android has had all those features for years.

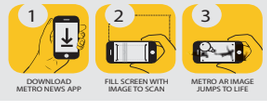
metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 11 in Scene and page 18 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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Manitoba Public Insurance

Texting and driving isn't a game

Singer-songwriter shapes her sorrow into sounds

The Breakless Heart. Music has helped 30-year-old Sheena Grobb cope with MS

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Winnipeg singer-songwriter Sheena Grobb is set to release her third album, The Breakless Heart. JULIE EPP

Sheena Grobb was diagnosed with multiple sclerosis (MS) at age 16, but the Winnipeg singer-songwriter, now 30, has mostly kept quiet about her dealings with the disease. That is, until now.

With her third album The Breakless Heart and a video series dubbed The Living Compassion Project, Grobb is opening up about her health condition.

"I spent all these years trying to deny it or trying to overcome it or trying to power through it, but the moment I allowed myself to integrate it into my life, start just saying, 'This is what's really been going on,' and sharing that with people and in my music, it's become not so big of a deal anymore," Grobb says.

"As soon as I shared it, it was like, 'OK, on to the next thing.' For so many years, it was a huge elephant in the room of my life and now it just feels like it's almost a non-issue."

Grobb has relapsing-remitting MS, but she hasn't had an attack for quite some time, which she credits to dietary changes, a stress-free lifestyle and learning to have compassion for herself. Speaking of compassion, The Breakless Heart is literally the result of an act of kindness.

"Les Wiens and his wife Terry (a Winnipeg couple), they approached me wanting to put on a fundraising concert in 2011 for my next record," Grobb says.

"They are just really lovely people and had a really beautiful concept in terms of communicating with their community and they inspired the beginning of this new record."

The fundraising concert prompted 200 people to pre-purchase The Breakless Heart. Grobb recorded the album with Ervin Bartha at his ClearLightSound home studio, where Grobb had access to a Kawai grand piano. On a whim, Bartha emailed one track from The Breakless Heart to engineers at the famed Abbey Road Studios in London, England, who agreed to master the album.

When the studio behind The Beatles likes you, life is good, and Grobb says she's never felt happier or healthier. And, any sorrow Grobb does feel, she manages to shape into song.

"It's (music) always been a vehicle for expressing my sadness more than anything. I find every time I sit down at the piano, I don't need to express unresolved feelings of happiness," says Grobb with a laugh.

If you go...

- **Sheena Grobb.** Celebrates the release of The Breakless Heart with two separate shows at the West End Cultural Centre on Sunday, Sept. 14 and Wednesday, Sept. 17. Tickets are $17 at brownpapertickets.com. Showtime is 8 p.m. both nights.

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. In real life, you can't start over. yourlastwords.ca

Yes! There's an order to Mraz's new album about love

Tried-and-true style. Singer penned latest sticky-sweet album with female folk rock act Raining Jane

EMILY LAURENCE
Metro World News in New York

At this point, 12 years into his career as a coffeehouse-turned-arena playing singer-songwriter, Jason Mraz knows what works. He gets that his fans want a mellow, light-rock album full of sticky-sweet love songs. So, when it comes time to record a new album, he doesn't feel the pressure to re-invent himself.

"I honestly feel that I've made the same record every time," he tells us. That being said, his latest album, Yes!, a complete collaboration with the all-female folk rock band Raining Jane, wasn't planned at all. Mraz and Raining Jane have been meeting up to write songs twice a year for the past seven years. "We had no agenda other than just meeting up to write and have fun," Mraz says. Some of the songs ended up on some of Mraz's past albums, while others became hits for other singers, such as John Mayer. After a few particularly rewarding sessions in 2013, Mraz liked the songs so much, he decided to bundle them up into one album, that being the newly released, Yes!

"It was a happy accident," he says. "We didn't actually know we were writing an album. I think that would have sounded a lot different had we sat around thinking, 'OK, this has to be on the record.'"

Even in an age where people often download songs one single at a time, Mraz is obsessed with the order in which the songs occur on the album and says it's something he thinks about constantly. In his opinion, every album should tell a story, and each song is a fragment of that story. Not surprisingly, the songs on Yes! tell a love story.

It starts out recognizing that you do love someone; that love is there. "There's a little heartbreak and discomfort, and we just have to accept what's meant to be. There's compassion in the love story. There's forgiveness. There's acceptance. And the resolve is contentment, which is used to shine on."

Though Mraz is busy touring, he's already writing new songs.

"The best material is always the stuff that needs to be written," he says.

"It's the stuff that comes out of emotion, passion and the need to express or interpret something; to hear it back happening." From the sound of it, there's no shortage of love stories left to tell.

Quoted

"It was a happy accident. We didn't actually know we were writing an album."

Jason Mraz on creating his album Yes! with Raining Jane

More Mraz

- **About all those I'm Yours YouTube covers.** "It's always an honour as a songwriter to see another musician take the effort to play your songs and embody the words. My favourite I'm Yours cover that I saw was the little itchy nose kid playing the ukelele. He's just sitting in his closet playing the uke and his nose is itching. He even played the diminished chord which not a lot of people do!"

metro AR Scan this photo with your Metro News app to see one of those I'm Yours YouTube covers. GETTY IMAGES

Don't let a text be your last words.
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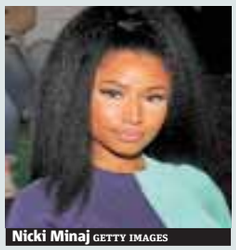
Hollywood



Nicki Minaj GETTY IMAGES

Nicki goes au naturel

Nicki Minaj, who has recently dropped her colourful and oddball style for a more natural and sophisticated look, says it's because she's more comfortable in her skin. "I kind of feel now that I look more like my regular old self, like what I look like when I'm at home," she said in an interview Tuesday. "I think there's just a little bit more confidence and so I'm like, 'It is what it is. I am who I am. I look like what I look like.' I don't really have to change much of it anymore."

THE ASSOCIATED PRESS

Richards wrote a children's book

Gus & Me. The wild man of the Rolling Stones has written a touching kid's book about his granddad

There's one person who knew Keith Richards would become Keith Richards: his grandfather.

The Rolling Stone member said Augustus Theodore Dupree introduced him to the guitar and taught him about music as a child growing up in England.

"I think in a way he sort of had plans for me I wasn't aware of," Richards said. "He turned me on to the guitar and he did it in a subtle way."

The rock icon details his relationship with his grandfather in Gus & Me, his children's book released Tuesday.

"He was a saxophone player. He got gassed in the First World War and he couldn't blow anymore, so he went to fiddle. He was playing way into his 60s — so am I," 70-year-old Richards said, laughing.

Keith Richards with his daughter Theodora Richards. THE ASSOCIATED PRESS

Richards has four children and five grandchildren. His daughter Theodora Dupree Richards — named after Gus — worked on the illustration for the book. In a recent interview he chatted about his book.

Why did you decide to write this book?

My publishers first came up with this idea. They said, "There's certain chapters about your grandfather that could make a great children's book." Children's book? This is not my line (laughs) ... And just about that same time my eldest daughter ... she said, "Guess what?" And I know that look in a woman's eyes. "Don't tell me you're pregnant, which means fifth grandchild." ... I thought, "Hey, there's something to be said for this" and I've always wanted to give my ol' grandfather Gus, bless him, a little more memorial than he's had.

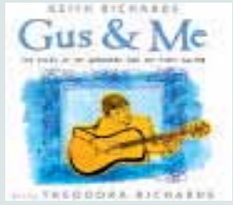
Your 2010 memoir, Life, was a commercial and critical success. Was there any pressure to match it with Gus & Me?

The initial idea did come from the publishers, so you know, "Maybe Keith can sell a few more books." That's their business after all. Nine times out of 10 I would have said forget about it. I'm not going there. But because of the circumstances and having another grandchild, everything was sort of falling into place. I said, "Damn it. Go for it."

Do you want to write more books?

I don't know. There's been plenty of talk about doing volume two (to Life) because a lot of stuff got left out. I may save that for a little later ... I had no intention of doing Life, but they kept bugging me. THE ASSOCIATED PRESS

Gus & Me synopsis



Long before there was a band, there was a boy: a young Keith Richards, who was introduced to the joy of music through his beloved granddad, Theodore Augustus Dupree, affectionately known as "Gus," who was in a jazz big band and is the namesake of Keith's daughter, Theodora Dupree Richards. This unique autobiographical picture book honours the special bond between a grandfather and grandson and celebrates the artistic talents of the Richards family through the generations.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift ALL PHOTOS GETTY IMAGES

Perry has a swift response to Taylor's Bad Blood diss

Suspiciously soon after news spread of Taylor Swift's explanation that her track Bad Blood was about a pop contemporary she thought she could trust, Katy Perry took to Twitter with a Mean Girls reference: "Watch out for the Regina George in sheep's clothing."

We knew she was trouble when she tweeted that.

It's unclear how Swift will respond but my money's on a Pinterest collection about Russell Brand.

Gwen emails her hubby a pic of pregnancy stick

Because of her busy schedule, Gwen Stefani had to inform husband Gavin Rossdale via email that she was pregnant with their third child, Rossdale reveals to Howard Stern.

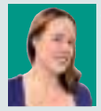
"I got this email on the road, from Gwen, and the title was in capitals, 'Look what you did to me now,'" he says. "I was like, 'What is this?' My blood pressure went through the roof. And I opened the email, and it was the pregnancy stick."

The couple's third son, Apollo, was born last February.

Gwen Stefani

The Word

Bieber's boxers fail to impress fashion fans



THE WORD
Dorothy Robinson
scene@metronews.ca

These days, it's a surprise to wake up and not find a surprising story about Justin Bieber.

The latest incident involves Canada's boy king receiving a less-than-friendly reception at the Fashion Rocks event in New York earlier this week, and responding by stripping down to his underwear in some bizarre misapplication of the fight or flight instinct.

Bieber was introducing singer Rita Ora alongside model Lara Stone when the crowd turned on him and he responded by bearing nearly all.

"Is that better?" he asked.

Justin, if you have to ask …

Pharrell Williams

Pharrell's happy little idea a huge hit across the U.K.

This ought to make him happy: Pharrell Williams' ubiquitous pop hit, Happy, has officially become the most downloaded song of all time in the U.K., according to the Guardian.

"The people of the U.K. have been so supportive of me over the years," Williams says. "That's the lifeline. Without them, you're just a musician with a couple of ideas. But with them, that is the thing that changes everything when they get involved, your little idea can become something."

Yes, something a lot of people will download.

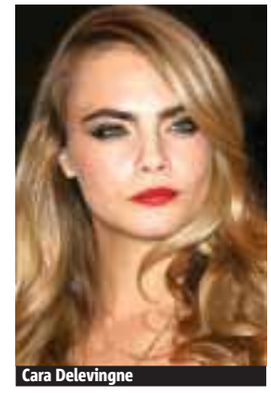
Cara's little piggies went to the market for bacon

Cara Delevingne's love of bacon apparently outweighs her aversion to horrific pain.

The model revealed a new tattoo dedicated to the most delicious food ever … on the bottom of her foot.

Delevingne posted an Instagram photo of the new tat, along with the caption "It happened" — which, come to think of it, could be the caption for every post on Instagram.

The tattoo, by the way, is just the word bacon with an ellipsis after. I do love me some good, well-placed punctuation, so good on you, Cara.



Cara Delevingne

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LIFE 3

PLUS HOMES

I wanna be a part of it!

New York, New York. We give you front-row access to three must-see shows as fashion month kicks off again in the Big Apple

RAQUEL LANERI
Metro World News

Ohne Titel

The Look: Sexed-up sporty

The Runway: Designers Alexa Adams and Florence Gill used scuba-tight neoprene and revealing mesh to maximum (minimal?) effect in figure-hugging micro-dresses, printed fit-and-flare knit miniskirts (worn over matching leggings), and lots of bandeau tops, in stark black and white with shots of electric blue or pink.

Insta-worthy: The opening black-and-white neoprene dress, adorned with blue and green fringe.

Lie Sangbong

The Look: Lady Gaga meets Carolina Herrera

The Runway: Lie Sangbong was in a reflective mood this season, after a maritime disaster shook his native South Korea. But from that tragedy, he has spun a sartorial tale of hope and transformation. The crisp all-white tailored suits and draped dresses slowly morphed until they were ethereal gowns embroidered with kaleidoscopic collages of swirling butterflies and clouds.

Insta-worthy: The runway, made of 1,188 glass tiles featuring collage-to-photo prints by artist Jang Seung Hyo.

Thakoon

The Look: Moody paradise

The Runway: Thakoon Panichgul's vacation-enticing collection of relaxed silhouettes (languid robes, silky cropped pants and bare shouldered blouses) seduced in a variety of prints (Tahitian florals, polka dots, palm fronds) done in lush burgundies and blues.

Insta-worthy: The striped knit skirt with electric blue raffia fringe. No one will lose you in a crowd.

Models walk the runway at the Lie Sangbong Spring-Summer 2015 collection. GETTY IMAGES

Those who thought Alexander Wang's sporty sci-fi babes too modest may enjoy Ohne Titel's contributions to Spring 2015. GETTY IMAGES

Designer to watch

Keep your eyes on Baraschi

Before launching her own label, Romanian-born Yoana Baraschi earned her fashion keep designing for Faconable, Cacharel, Mugler and Betsey Johnson. We chatted with Baraschi over breakfast and got her tips on how even the most colourphobic New Yorker can brighten up her wardrobe for spring:

Who is the Yoana Baraschi woman? Who do you design for?
I design for a woman who doesn't like to be defined by her age or her work. She's independent, unique, strong and bold. She likes to put things together her own way and likes to feel special when she's getting dressed.

What tips do you have for woman who want to try wearing more colours or prints?
Wearing it with black helps. It makes it less bold, so if you aren't used to wearing colour or prints, that's a good place to start. So if you have a black bandeau or black mesh pants, or even just black sandals, that can help you feel less lost.

Canadian street style

Spotted in: Toronto

Name: Jessie

Age: 24

Occupation: Sales Associate at Club Monaco

What she's wearing:
Franco Sarto shoes, Levi denim shorts, Club Monaco shirt, Joe Fresh glasses, Roots backpack.

Her inspiration:
"Fashion bloggers like Christina Caradona and Elin Kling inspire me. And I adore the Olsen Twins' sense of style."

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Trends Report

The rise of the 'selfie' has prompted big companies to gear their new products towards the snap-happy masses. Go online to Trends Report to see the latest in selfie makeup and gadgets, plus my guide on how to take the perfect selfie.

- **Online.** metronews.ca/trends-report
- **Follow** Irene on Twitter @MetroIreneK and Instagram @kuanirene

Photo: Irene Kuan

The perfect bedroom on a budget

With evenings getting darker sooner, it's the perfect time of the year to indulge in a few luxuries for the bedroom. Here are my top essentials when considering a bedroom redo

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

The right paint colour

Grey-based colours are better for those who like to wake to an all-dark room whereas yellow-based colours are for those that welcome the sunshine in the morning. The perfect fall bedroom colour is the mix of grey and gold: for example, Benjamin Moore's Old Soul CSP-65, BenjaminMoore.ca

The most comfortable bedding

Some like smooth sateen, some like the texture of linen while others like the cosiness of cotton flannel. Polka Dot Flannel Sheets, from $25, Simons.ca

The perfect pillow

Get help with this one… Are you a back, side or stomach sleeper? There's a pillow for every position. Distinctly Home Performance Double Stuff Pillow, $55, TheBay.com

A pet bed

A stylish pet bed will help make sure everyone has their own place for a good night's rest. Danazoo Extra Large Dog Bed, $60, Walmart.ca

Proper lighting

Are you a night reader? Save space on your night table and hang a light fixture that lets you control the light. Lite Source Rhine Wall Lamp, $170, BedBathAndBeyond.ca

Good storage

Out of sight, out of mind: Clearing the clutter means waking up in a room with a clear mind. Brimnes Storage Headboard, from $130, Ikea.com

Light control

Blackout drapes can make a room pitch black — perfect for shift workers or those that just hate waking up to sunlight. Mirage Blackout Curtain, $45, Bouclair.com

End of summer tidy-up made fun and easy

DIY. Try these easy ways to create extra storage space perfectly suited to the changing seasons

It's that time of year again: The days are getting shorter, the nights are getting cooler and boots and coats will soon clutter your home.

With fall right around the corner, maximizing space by decluttering and getting organized is a great way to ensure a smooth seasonal transition and create additional storage room. There are many ways to make the most out of your home. Here are some suggestions that can be quite helpful.

More transformations

To find out more about how you can transform your home into the space you've always wanted, check out the brand new series, Sledgehammer, Thursdays at 10 p.m. ET/PT on DIY Network Canada.

In the kitchen

Hang a plastic shoe organizer on the inside of the pantry door to bundle and store snacks or smaller kitchen items to make them easily accessible. If you don't have a large pantry, cut and adjust the shoe organizer to accommodate a smaller area. Install a pot rack on a wall or on your ceiling — this will allow you to hang up your pots and pans and create additional storage.

In the bedroom

Use storage containers to organize small and miscellaneous objects — store them under pieces of furniture like your bed — this is especially useful for shoes. A variety of shoe racks are also available in many different shapes and sizes. Remember that every area of the room can be utilized; even the corners can be used to mount shelves.

In the bathroom

Shelves are a great thing to have in every washroom — they are easy to install and can fit anywhere. Mount one above your sink to give you extra counter space and have easy access to things you use on a daily basis. Above the door is also a great place to have a shelf to store excess items like toilet paper or Kleenex. For small metallic items like scissors or nail clippers, stick a magnetic strip inside your medicine cabinet or a small area where you can hang them.

Don't tie yourself up in knots

Hang a rod on the inside of a closet door. It will keep you organized and give you a place to hang smaller items like scarves or ties.

In the closets

Hang a rod on the inside of a closet door. It will keep you organized and give you a place to hang smaller items like scarves or ties. Pegs and hooks are also a good option to put up on the wall, especially for heavier items like sweaters and jackets. If you don't have a closet, find spaces in your home that are unused or take advantage of wall space, even extremely small spaces can be useful.

The often underutilized inside of a closet door can provide a surprising amount of storage space. ISTOCK

Get your hands on some goose

Waterfowl. Ask around or substitute turkey in this recipe

SHEL ZOLKEWICH
River City Kitchen
winnipeg@metronews.ca

Waterfowl season is in full flight in Manitoba. There's no better time to get your hands on some freshly-harvest goose or duck breasts. Not a hunter? Don't fret. Simply ask around. Most hunters are more than willing to share the harvest. Still no luck? Substitute a turkey breast for delicious results.

We love the flavours of a thinly-sliced Vietnamese-style pork chop, so it made sense to give it a try with goose. The secret is in the marinade, or rather the length of time goose breasts stay in it. One full day is great; three days yields even tastier results. Keep in mind that goose breasts have almost no fat, so overcooking is easy to do. Rare or medium-rare is best.

Vietnamese Style Wild Canada Goose Breasts

¼ cup canola oil
¼ cup soy sauce
2 cloves garlic, minced
¼ cup sugar
½ tablespoon black pepper
1 tablespoon fish sauce
2 medium goose breasts or one small turkey breast
Hoisin, chili garlic and plum sauce for dipping

Mix together first six ingredients into a re-sealable plastic bag. Add two medium-sized goose breasts. Marinade at least 24 hours and up to 72 hours, turning the bag every six hours. Heat grill to medium high. Pat breasts dry. Grill until medium rare, turning once. (roughly 10 minutes total cooking time). Remove from heat, tent under foil for five minutes. Slice thinly and serve with hoisin, chili garlic or plum sauce.

Shel Zolkewich writes about food, travel and the outdoors when she's not eating, on the road or playing outside. Got a food story idea? shel@shelzolkewich.com

Goose meat has almost no fat so don't overcook it. SHEL ZOLKEWICH/FOR METRO

Let's talk dirty — dirty food, that is

Inspired Lunches Week. Pack this Steak Sandwich with Sautéed Onions and Blue Cheese for the big kids

This recipe serves four. PETER CASSIDY

"A good steak sandwich isn't always the easiest to come by," writes Carol Hilker in her book Dirty Food. "It's hard to find the right combination of perfectly spiced steak, topped with a bounty of trimmings that add the right amount of flavour and texture when placed on a crispy loaf of bread.

"This sandwich, with rare steak, sautéed onions, Dijonnaise, rocket and blue cheese on French country bread is the answer!"

1. Make the Dijonnaise by finely chopping the white onion and frying with butter in a medium saucepan. Add the cream and mix in the mustard. Season the mixture and simmer until the sauce takes a mustardy colour and is relatively thick.

2. Season the steaks with salt and pepper on both sides. Heat 2–4 tablespoons of olive oil in a medium frying pan over a high heat until it's very hot, almost smoking. Sear the steaks for 1½ minutes per side and then reduce the heat to low and cook the steaks for about 3–4 minutes, turning once. Remove the steaks from the pan and place on a plate. Cover tightly with foil and allow to sit in the refrigerator for 10 minutes. Remove and slice the steak into strips.

3. Using the same frying pan, heat 3 tablespoons more olive oil over a medium heat. Add the onion slices and thyme and sauté for 10 minutes, stirring occasionally, until the onion is caramelized. Add the garlic for the last 1–2 minutes.

4. Cut the French country bread lengthwise and into large sandwich rolls. Spread 1 tablespoon Dijonnaise on the bottom half of each bun. Place a layer of the steak strips on top of the Dijonnaise, sprinkle with salt and pepper and top with the caramelized onion rings. Place the rocket on top of the onion rings and sprinkle a handful of blue cheese on top. Cover with the top half of the buns.

RECIPE FROM DIRTY FOOD BY CAROL HILKER. PUBLISHED BY RYLAND PETERS & SMALL (2014).

Ingredients

Dijonnaise
- 2 large white onions
- 2 tbsp butter
- 400 ml (1 3/4 cup) light cream
- 3 tbsp Dijon mustard
- Pinch of salt, ground black pepper, garlic, nutmeg, chopped fresh flat-leaf parsley, tarragon

Steak Sandwiches
- 2 x 350 g (12 oz) sirloin steaks/ New York strip steaks, cut 2.5 cm (1 inch) thick
- Olive oil, for frying
- 4 onions, sliced into rings
- 1/2 tsp fresh thyme leaves
- 2 garlic cloves, minced
- 1 - 2 loaves French Country Bread
- 4 tbsp Dijonnaise (see above)
- 30 g (1 cup) rocket/arugula
- 115–225 g (4 - 8 oz) blue cheese, crumbled
- Sea salt, ground black pepper

Cookbook of the Week

So bad it's good!

In her book Dirty Food, Carol Hilker sets out to document the best worst food you'll ever eat.

While the trend has been healthy bites, Hilker shows her readers it is still OK to indulge with a range of brunch, bowls, take-out, hot and cold sandwiches, barbecue, wings and ribs; sides, treats and beverages recipes.

Included in her book are Chicago-Style Baby Back Ribs, Trinidadian Aloo Pies, Steak Ranchero Burrito, Maine Lobster Omelette, Fried Green Tomatoes, Diner-Style Cherry Pie and more. METRO

Hawks cancel meeting

Atlanta civil rights leaders 'offended'

The Atlanta Hawks cancelled a scheduled meeting between their CEO and city civil rights leaders Wednesday, prompting one of the group's leaders to say his community was greatly offended.

The Rev. Markel Hutchins said the meeting with CEO Steve Koonin was called off "at the last minute."

"The entire civil rights community, locally and nationally, have been offended, the likes of which we have not seen in this community in decades," Hutchins said.

THE ASSOCIATED PRESS

Roughriders

Sunseri suddenly a starter after Durant's injury

Tino Sunseri has a lot more homework to do these days.

The Saskatchewan Roughriders' backup quarterback has been thrust into the starter's role thanks to a season-ending injury to Darian Durant.

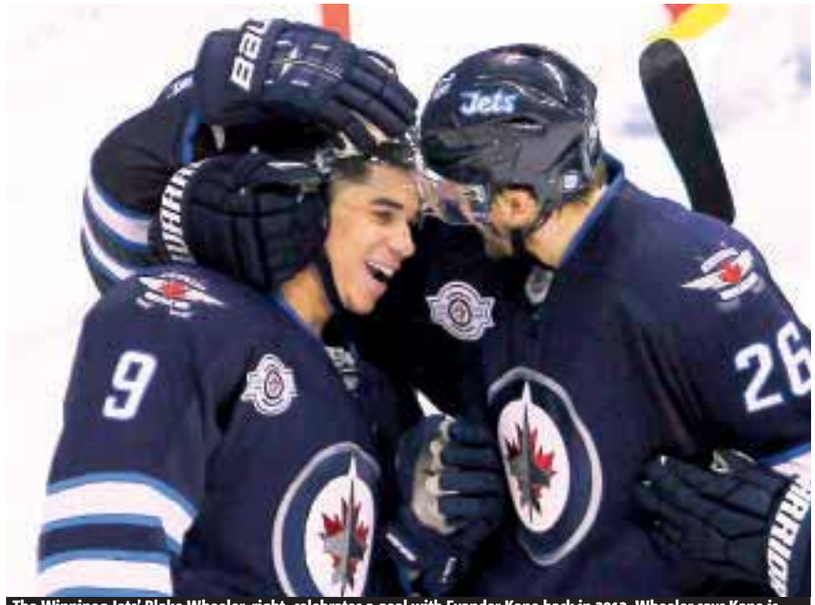
Sunseri is expected to get his first CFL start on Sunday in Hamilton when the Riders take on the Tiger-Cats.

"When you're a kid growing up, you want to play pro football and you want to start games and you want to try to put your team in a position to win games," Sunseri said after the team's practice on Wednesday.

THE CANADIAN PRESS

Kane picked on by media: Wheeler

Twitter banter.
Forward pointed to as one who could step up his game for the Jets



The Winnipeg Jets' Blake Wheeler, right, celebrates a goal with Evander Kane back in 2012. Wheeler says Kane is being unfairly picked on once again over a lighthearted tweet. JOHN WOODS/THE CANDIAN PRESS

A little good-natured Twitter banter has turned into another excuse to criticize Winnipeg Jets forward Evander Kane, Blake Wheeler suggested Wednesday as he defended his teammate.

Wheeler said Kane was just making a joke that was misunderstood and misinterpreted by "Winnipeg folks" and the media once again.

"I think once again (it's) just making something out of nothing and it seems to happen a lot in regards to (Kane)," said Wheeler.

"He makes a comment and that's what you guys have to talk about."

In this case, however, it was Wheeler who got the ball rolling, with comments in an interview Tuesday during NHL media day when he was asked how the Jets could compete in the Central Division with teams that have made some high-profile off-season signings.

He pointed to Kane as someone who could step up his game and compete with the best.

"This is a conversation that has been had amongst everyone. There's a lot of guys that need to step up this year, myself included," Wheeler said Wednesday.

"I'm not pointing fingers; this was me, more or less giving a compliment to a guy that I believe can be one of the top players in the NHL."

Wheeler repeated that he believes Kane is a player who has the ability to help the Jets get to the next level as they try once again to reach the playoffs in 2014.

"I feel like if he comes in and embraces a leadership role and just comes ready to play it's going to help our team, it's going to get us where we want to go."

The Jets are largely unchanged from last season, when they once again failed to add to the single playoff appearance the franchise has made during its former residence in Atlanta or after relocating to a new home in Winnipeg.

In response to Wheeler's initial comments, Kane Tweeted that Wheeler "could have just thrown me a text #youcanfindmeatthetopofthecircle."

Wheeler said he took the tweet from Kane as he was sure Kane intended.

"It's a little bit frustrating.… He was making a joke and it was taken the wrong way, so that's the end of that."

Wheeler may want to step up his game but, at 28, the right-winger led the team in scoring in 2013-14 and is coming off his best NHL season ever, with 28 goals and 69 points in 82 games, good enough for 19th in the league.

Kane, 23, played only 63 games last season due to injuries and finished with 19 goals and 41 points, and despite his youth, this is his sixth NHL season. His best was 2011-12, the team's first in Winnipeg, when he played 74 games and had 30 goals and 57 assists.

The Vancouver native also continues to be the subject of trade rumours, although the Jets have given no indication they would let him go, but he hasn't done much himself to squelch the talk.

THE CANADIAN PRESS

Glenn returns as rescuer, Lulay out again

Kevin Glenn of the B.C. Lions passes the ball against the Argonauts in an August game in Toronto. DAVE SANDFORD/GETTY IMAGES

Kevin Glenn does not buy into the notion that the B.C. Lions are Travis Lulay's team.

A week after being displaced by a then-healthy Lulay as the CFL club's starting quarterback, Glenn is back in the rescuer role that he has played most of the season as the Lions prepare to host the Winnipeg Blue Bombers on Saturday. He is ignoring the fact that, in the lead-up to an ugly 7-5 victory in Ottawa, Lions players stressed that B.C. was Lulay's team.

In essence, the message was that Lulay, the 2011 CFL most outstanding player and Grey Cup MVP, had resumed his position as B.C.'s (6-4) field general before he made his first 2014 start only to be sidelined with a shoulder injury similar to the one that forced him to miss most of the season. But Glenn does not view that claim as a slap in the face.

"No one guy wins a game and no one guy goes out there by himself with the uniform on and plays against another team," said Glenn after a practice Wednesday. "We all put the B.C. Lions logo on. We're all playing for this team, so we're all going to have a significant part in making this team move in a positive direction."

Nevertheless, the Lions' playoff hopes will ride heavily on Glenn's shoulders.

"I don't take (the return to the No. 1 role) as any added pressure, because I was expected to do a certain thing (as a backup) last week to put this team in a position to win," said Glenn, a 14-year veteran who is with his fifth CFL team.

THE CANADIAN PRESS

4 SPORTS

Rivalry resumes as controversy swirls

NFL. Ravens, Steelers prime-time clash overshadowed by RB Rice's suspension

metro AR **Ravens quarterback Joe Flacco, far right, is under pressure to get the Baltimore offence going without suspended running back Ray Rice on Thursday night against the Pittsburgh Steelers. Scan the image for a gallery of news and notes from around the NFL.** ROB CARR/GETTY IMAGES

Four days after opening the season by losing to a division foe at home, the Baltimore Ravens face their most-hated rival in a pivotal game Thursday night.

The matchup against the Pittsburgh Steelers couldn't come soon enough for the Ravens, who finally get to play in the wake of the media firestorm involving Ray Rice.

Following Sunday's 23-16 defeat against Cincinnati, Baltimore had not yet launched its short workweek when a video surfaced showing Rice hitting his then-fiancée in an elevator last February. The incident previously led the NFL to suspend the running back for two games, but the graphic video prompted the Ravens to release Rice and the NFL to suspend him indefinitely.

From that point, coach John Harbaugh and his players were bombarded with more questions about Rice than the importance of avoiding an 0-2 start with two home losses against AFC North opponents.

"It's been a trying time," wide receiver Steve Smith said. "You have to compartmentalize to some part, because if you don't, this is a game that is physical and you can get hurt if your mind is not clear and focused on what you have to do."

Under different circumstances, the Ravens (0-1) and Steelers (1-0) would be asked about the intensity of a rivalry in which 10 of the last 12 games have been decided by three points or fewer. Maybe everyone would be talking about Pittsburgh's second-half collapse against Cleveland last week.

Instead, the topic of conversation was a running back who wasn't supposed to play in this game anyway.

The first question posed to Pittsburgh quarterback Ben Roethlisberger in a conference call involved his thoughts on Rice. He dutifully answered before quickly shifting gears.

"We pray for him and his family," Roethlisberger told the Baltimore media. "The biggest focus is the game on Thursday.... That is what we can control."

THE ASSOCIATED PRESS

U.S. Congress speaks out

"By waiting to act until it was made public you effectively condoned the action of the perpetrator himself."

Republican Sen. Dean Heller of Nevada said Wednesday that NFL commissioner Roger Goodell didn't act swiftly enough to punish Ray Rice. A law enforcement official in Atlantic City, N.J., said he sent video of Ray Rice punching his then-fiancée to an NFL executive five months ago, while league executives have insisted they didn't see the violent images until this week.

Pats' run defence looks to bounce back vs. Vikings

The Patriots' defence will look to redeem itself against the Vikings' Adrian Peterson and Cordarrelle Patterson, pictured. GETTY IMAGES

The New England Patriots let Knowshon Moreno run for 134 yards in their season opener. Now they must face Adrian Peterson.

Scary?

"You know what? I love it," defensive tackle Sealver Siliga said Wednesday. "This is going to be a good test and I think our team's real excited."

One week after Moreno led the Miami Dolphins' 191-yard rushing attack in a 33-20 win over New England, the Patriots visit Peterson and the Minnesota Vikings on Sunday.

"First-game jitters or whatever you want to call it," Patriots linebacker Dont'a Hightower said. "For us to want to be a great defence, which is something that all of us agreed we wanted to do, you definitely can't allow the offence to run the ball the way they did."

The Patriots also had trouble stopping Lamar Miller, who rushed for 59 yards.

Now they're preparing for another one-two punch of Peterson and wide receiver Cordarrelle Patterson.

Peterson rushed 21 times for 75 yards in last Sunday's 34-6 win over the St. Louis Rams after finishing second in the NFL last season with 90.4 yards rushing per game. Patterson ran three times for 102 yards, including a 67-yard touchdown. THE ASSOCIATED PRESS

Nose for the end zone

10

Vikings star running back Adrian Peterson has rushed for at least 10 touchdowns in each of his seven seasons. He also has 15 runs of 58 yards or more prior to this year.

In pictures

1 Three-game sweep. Hutchison fans 10 Cubs in Blue Jays' win

Right-hander Drew Hutchison equalled his career best with 10 strikeouts and the Toronto Blue Jays completed a three-game sweep of the Chicago Cubs on Wednesday with an 11-1 victory.

It was the fourth win in a row for the Blue Jays (76-69) and the sixth straight loss for the Cubs (64-82).

Hutchison (10-11) allowed four hits and one run, on a homer by Jorge Soler, over 6 1/3 innings. THE CANADIAN PRESS

2 Lowered expectations. Man U readies for a hit in revenue

Manchester United's failure to qualify for the Champions League under David Moyes led United to forecast a 10 per cent drop in its 2014-15 revenue. That's a decrease of around $80 million, to as low as $619 million.

THE ASSOCIATED PRESS

3 Hostile takeover. Ukrainian hockey team has offices 'seized'

The professional ice hockey club in the war-torn city of Donetsk in eastern Ukraine says armed men have occupied its offices.

The Donbass Donetsk club says that a group of "armed men broke into the building" on Wednesday afternoon and "seized" the offices. THE ASSOCIATED PRESS

4 Keep waiting, Gordon Bombay. Ducks extend Boudreau's term

Head coach Bruce Boudreau agreed to a two-year contract extension through the 2016-17 season with the Anaheim Ducks on Wednesday. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Work and relationship issues have placed a strain on your nerves recently but now you can see a way past your problems. A difficult phase is almost over. Learn from it.

♉ Taurus
April 21 - May 21
Whatever difficulties you face, don't try to blame other people for them. The more you deny that you are responsible, the worse things are likely to get.

♊ Gemini
May 22 - June 21
Your physical and emotional reserves are likely to be a bit depleted, so take it easy today and tomorrow. There are a number of ways you can improve your health.

♋ Cancer
June 22 - July 23
This is generally a positive time for you but don't take too much on trust or you may miss out on a golden opportunity.

♌ Leo
July 24 - Aug. 23
It may seem as if everyone else has been having fun while you've been stuck at home or at work but don't sweat it. Your turn will come — and soon.

♍ Virgo
Aug. 24 - Sept. 23
Today's Sun-Saturn link means you don't have to be assertive, you just have to know what you are doing. Most people fail because they don't have a clearly defined goal, so work out what it is you most desire.

♎ Libra
Sept. 24 - Oct. 23
The most vital thing today is communicating what you have to say plainly. Not everyone possesses your way with words. Make sure they get you.

♏ Scorpio
Oct. 24 - Nov. 22
You may be convinced that your way of doing things is best but you still need to explain and justify your actions to partners and co-workers if you want to get important things done.

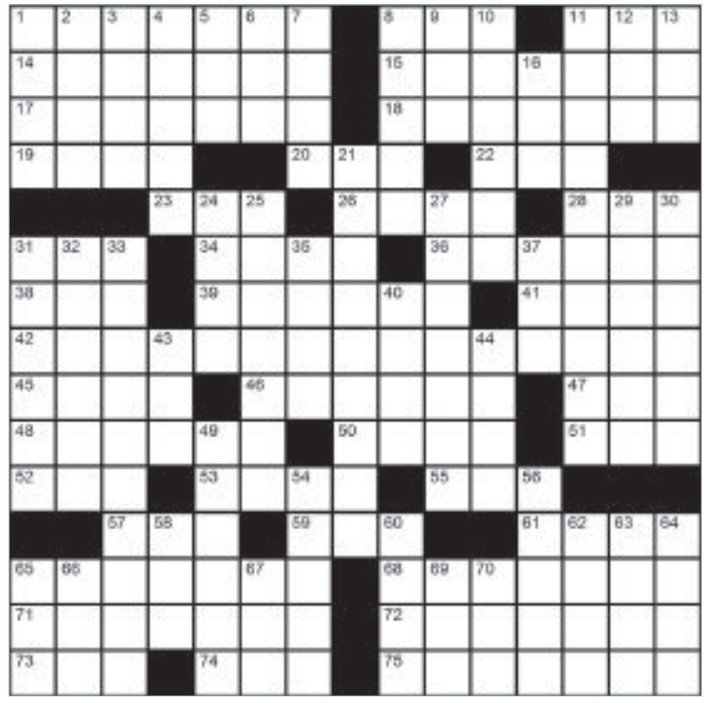
♐ Sagittarius
Nov. 23 - Dec. 21
So many things have changed in your life of late that you could do with a few days when they stay just as they are. And that's what is likely to happen as Saturn slows everything down.

♑ Capricorn
Dec. 22 - Jan. 20
Join forces with people who share your concerns, then decide what you can do to make the world a better place. You need to realize though that lasting change takes time.

♒ Aquarius
Jan. 21 - Feb. 19
You have powerful friends but are reluctant to ask them for help. Maybe it's because you don't want to waste trump cards on minor problems.

♓ Pisces
Feb. 20 - March 20
You may not be interested what someone is trying to tell you but if you are smart you will listen and nod your head wisely at the appropriate moments.

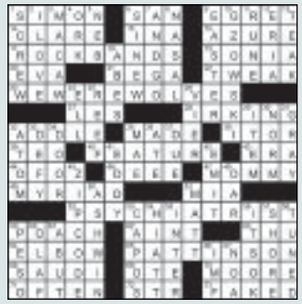
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. "Z Nation" extras, new on Space
8. "Rocky II" (1979), e.g.
11. Panda symbol org.
14. In an on-the-ball manner
15. Instruct
17. "The Honeymooners" star Jackie
18. Soldier's stripe shape
19. Interest
20. CPR giver
22. Marcel Marceau's clown
23. Tree treat
26. "God ha' mercy on such __ __..." - Rudyard Kipling
28. Online ID addresses
31. Intl. clock standard
34. Dragonriders of __ (Anne McCaffrey book series)
36. Arctic covering: 2 wds.
38. Crude
39. Nicole Kidman movie, "The __" (2001)
41. Mix
42. Tragically Hip song that goes: "And that's where the hornet stung me...": 4 wds.
45. Having foot digits
46. CBC's "The Fifth __"
47. Faith [abbr.]
48. "Bewitched" mother
50. "Dial _ __ Murder" (1954)
51. Actress Ms. Williams
52. Thing: Latin
53. Space bear
55. Refusals
57. Any of The Rockies, briefly
59. HS subject
61. Weight allowance
65. BC: __ Lake Marine Provincial Park
68. Spoke
71. Desktop imagery: 2 wds.
72. Jumping
73. Time off, slang-style
74. "Perfect!"
75. Suppertime sprig

Down
1. Angular turns
2. Stewing pot
3. Docile
4. Hillsides
5. TGIF part
6. "Strange Magic" gr.
7. Robert Burns' 'since'
8. Factions
9. Old English letter
10. Longueuil's locale
11. "Passchendaele" (2008), for one: 2 wds.
12. Intl. commerce group
13. Marsh
16. Gladiator's 106
21. 'It's a __ __ __ World' (Slogan of the Sci-Fi action/thriller at #1-Across)
24. Snake, for one
25. WWI: Harry Colebourn's "Winnipeg": 2 wds.
27. Smart sounding Saskatchewan spot
29. Coupled
30. Nimbly
31. Gadget-for-cheese
32. Nova Scotia's __ Bay
33. John Buchan, 1st Baron __ (Governor General of Canada from 1935 to 1940)
35. Jonathan Meyers link
37. Founded [abbr.]
40. 16 Wing Borden, the 'Birthplace of the _ _ _ _'
43. Hubbub
44. Roman ruler
49. Fashion 'lane'
54. Sevens: French
56. Novel by #33-Down of which Alfred Hitchcock directed the movie version, The Thirty-Nine __
58. Coffee utens.
60. Swallow
62. Botanical 'coat'
63. __-Levesque (Montreal boulevard)
64. Uptight
65. Comp. part
66. News network
67. "Diamonds __ Forever" (1971)
69. Orange Pekoe
70. Road topping

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2								6
	7		3	2	9		5	
	5						2	
		4	8		3	9		
	1						4	
		7	2		1	3		
	6						7	
	8		4	1	5		6	
9								8

Yesterday's Sudoku

5	9	1	2	6	4	7	3	8
7	4	6	1	3	8	2	9	5
8	2	3	5	7	9	6	4	1
6	7	9	3	1	5	4	8	2
1	3	8	4	2	7	5	6	9
4	5	2	8	9	6	3	1	7
3	1	7	9	4	2	8	5	6
2	8	4	6	5	1	9	7	3
9	6	5	7	8	3	1	2	4

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